**Morningness/Eveningness Questionnaire**

1Smith CS, Reilly C, Midkiff K. Evaluation of three circadian rhythm questionnaires with suggestions for an improved measure of morningness. *J Appl Psychol.* Oct 1989;74(5):728-738.

**Scoring**

Evening Type 22 and less

Intermediate Type 23-43

Morning Type 44 and above.**Morningness/Eveningness**

Directions: For each item, please *check one* response that best describes you.

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| 1. Considering only your own “feeling best” rhythm, at what time would you get up if you were entirely free to plan your day?

\_\_ a. 5:00 - 6:30 a.m.\_\_ b. 6:30 - 7:45 a.m.\_\_ c. 7:45 - 9:45 a.m.\_\_ d. 9:45 - 11:00 a.m.\_\_ e. 11:00 a.m. – 12:00 noon1. Considering only your own “feeling best” rhythm, at what time would you go to bed if you were entirely free to plan your evening?

\_\_ a. 8:00 - 9:00 p.m.\_\_ b. 9:00 - 10:15 p.m.\_\_ c. 10:15 p.m. - 12:30 a.m.\_\_ d. 12:30 - 1:45 a.m.\_\_ e. 1:45 a.m. – 3:00 a.m.3. Assuming normal circumstances, how easy do you find getting up in the morning?\_\_ a. Not at all easy\_\_ b. Slightly easy\_\_ c. Fairly easy \_\_ d. Very easy4. How alert do you feel after the first half hour after having awakened in the morning?\_\_ a. Not at all alert\_\_ b. Slightly alert \_\_ c. Fairly alert\_\_ d. Very alert5. During the first half hour after having awakened in the morning, how tired do you feel?\_\_ a. Very tired \_\_ b. Fairly tired\_\_ c. Slightly tired \_\_ d. Not at all tired6. You have decided to engage in some physical exercise. A friend suggests that you do this one hour twice a week and the best time for him is 7:00-8:00 am. Bearing in mind nothing else but your “feeling best” rhythm, how do you think you would perform?\_\_ a. Would be in good form\_\_ b. Would be in reasonable form\_\_ c. Would find it difficult\_\_ d. Would find it very difficult7. At what time in the evening do you feel tired and as a result, in need of sleep?\_\_ a. 8:00 - 9:00 p.m.\_\_ b. 9:00 - 10:15 p.m.\_\_ c. 10:15 p.m. – 12:30 a.m.\_\_ d. 12:30 - 1:45 a.m.\_\_ e. 1:45 a.m. – 3:00 a.m. | 8. You wish to be at your peak performance for a test, which you know is going to be mentally exhausting and lasting for two hours. You are entirely free to plan your day, and considering only your own” feeling best” rhythm, which ONE of the four testing times would you choose?\_\_ a. 8:00 - 10:00 a.m.\_\_ b. 11:00 a.m. - 1:00 p.m.\_\_ c. 3:00 - 5:00 p.m.\_\_ d. 7:00-9:00 p.m.9. One hears about “morning” and ”evening” type people. Which ONE of these types do you consider yourself to be?\_\_ a. Definitely a morning type\_\_ b. More a morning than an evening type\_\_ c. More an evening than a morning type\_\_ d. Definitely an evening type1. When would you prefer to rise (provided you have a full day’s work – 8 hours) if you were totally free to arrange your time?

\_\_ a. Before 6:30 a.m.\_\_ b. 6:30 – 7:30 a.m.\_\_ c. 7:30 - 8:30 a.m.\_\_ d. 8:30 a.m. or later1. If you always had to rise at 6:00 am, what do you think it would be like?

\_\_ a. Very difficult and unpleasant\_\_ b. Rather difficult and unpleasant\_\_ c. A little unpleasant but no great problem\_\_ d. Easy and not unpleasant1. How long a time does it usually take before you “recover your senses” in the morning after rising from a night’s sleep?

\_\_ a. 0-10 minutes\_\_ b. 11-20 minutes\_\_ c. 21-40 minutes\_\_ d. More than 40 minutes1. Please indicate to what extent you are a morning or an evening active individual?

\_\_ a. Very morning active (morning alert & evening tired)\_\_ b. To some extent, morning active\_\_ c. To some extent, evening active\_\_ d. Very evening active (morning tired & evening alert) |